

February 2018

## Seniors Programs' Activity Guide



### Monthly Spotlight

*We are planning events of Olympic proportions.*

*There will be games and fun and fabulous food.*

*So be a good sport and sprint on over.*

*We promise you will be a gold medal winner!*

The 2018 Winter Olympics will be taking place in Pyeongchang, South Korea between February 9 and 25. Show your Olympic spirit by participating in the W.I.S.E. Olympic Games being held at various clubhouses throughout the month! Please see the inside of your Activity Guide for further details.

**Please note, if school busses are cancelled, our W.I.S.E. Clubhouse program will also be cancelled.**



705-645-2100 ext. 199 OR (Toll Free) 1-800-461-2415, ext. 199

[seniorsprograms@muskoka.on.ca](mailto:seniorsprograms@muskoka.on.ca)

[www.seniorsinmuskoka.ca](http://www.seniorsinmuskoka.ca)

# February W.I.S.E. Clubhouses

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## **Baysville Autumn Leaves Centre, 12 University Avenue**

**Monday, February 26**

**Theme: WISE Olympic Games**

12:00 p.m. Lunch

1:00 p.m. WISE Olympic Games

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## **Baxter-Ward Community Centre, 279 Honey Harbour Rd., Port Severn**

**Tuesday, February 5**

**Theme: WISE Olympic Games**

10:00a.m. WISE Olympic Games

11:30 a.m. Lunch

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## **Bracebridge Centre for Active Living, 54 Dominion Street**

**Monday, February 5**

**Theme: WISE Olympic Games**

10:15 a.m. WISE Olympic Games

11:30 a.m. Lunch

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## **MacTier Memorial Arena, 9 Haig Street**

**Thursday, February 15**

**Theme: WISE Olympic Games**

11:00 a.m. Healthy Aging Series- "Taking Charge of Your Health"

12:00 p.m. Lunch

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## **McVittie Place, 102 Pine Street, Bracebridge**

**Thursday, February 1**

**Theme: WISE Olympic Games**

10:00 a.m. Fraud Prevention

11:00 a.m. WISE Olympic Games

11:30 a.m. Lunch

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## **Milford Bay Community Centre, 1020 Beaumaris Road**

**Wednesday, February 28**

**Theme: WISE Olympic Games**

11:00 a.m. "Healthy Sleep Habits" by Jennifer Pfrimmer from Brainworks  
12:00 p.m. Lunch

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## **Port Carling Community Centre, 3 Bailey Street**

**Wednesday, February 14**

**Theme: WISE Olympic Games**

10:00 a.m. WISE Olympic Games  
11:30 a.m. Lunch

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## **Ryde Community Co-op, 1624 Barkway Rd., Gravenhurst**

**Friday, February 2**

**Theme: WISE Olympic Games**

12:00 p.m. Lunch  
12:30 p.m. WISE Olympic Games

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## **Severn Bridge Community Hall, 1035 Southwood Road**

**Tuesday, February 13**

**Theme: Hawaiian Luau**

10:00 a.m. Mass Market Crime and Cybercrime— Canadian Anti-Fraud  
Centre  
11:00 a.m. Lunch

**Tuesday, February 27**

**Theme: WISE Olympic Games**

10:00 a.m. WISE Olympic Games  
11:00 a.m. Lunch

# February W.I.S.E. Clubhouses, cont.

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## **Torrance Community Centre, 1030 Torrance Road**

**Wednesday, February 7**

**Theme: Hawaiian Luau**

10:30 a.m. Music and Motion

11:30 a.m. Healthy Aging Series—"Taking Charge of Your Health"

12:30 p.m. Lunch

**Wednesday, February 21**

**Theme: WISE Olympic Games**

10:30 a.m. WISE Olympic Games

12:30 p.m. Lunch

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## **Ullswater Community Hall, 1503 Old Parry Sound Road**

**Friday, February 9**

**Theme: WISE Olympic Games**

10:00 a.m. WISE Olympic Games

12:00 p.m. Lunch

**Friday, February 23**

**Theme: Hawaiian Luau**

10:00 a.m. Healthy Sleep Habits—Jennifer Pfrimmer from BrainWorks

12:00 p.m. Lunch

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Did you know...

W.I.S.E. stands for Wellness Initiatives for Seniors Engaged. Our W.I.S.E.

Clubhouse currently operate on a monthly or bi-monthly basis in eleven communities across Muskoka. Each clubhouse is two to three hours in length and features educational, recreational, or entertaining programs followed by a nutritious lunch. Anyone 55+ may attend. Registration is not required. There is a suggested donation of \$2.00 per person to help offset costs. We love to welcome new participants and hope that you will join us at a location near you!

Please note that activities and themes are subject to change.

# NIA for Seniors With Paula McIsaac

## **NIA is scheduled in four locations Spring 2018:**

VanKoughnet Village Square- Mondays@10:30am Starts April 9th

Ryde Community Co-Op-Tuesdays@10:00am Starts April 3rd

Bala Community Centre- Thursdays@2:00pm Starts April 5th

Baysville Autumn Leaves Centre- Fridays@1:30pm Starts April 6th

**\*Classes run for 10 weeks, excluding public holidays**

**Registration opens on Monday March 5th at 8:30 am.**

**Free! All Older Adults Welcome.**

**Register 705-645-2100 ext. 199**



## Intergenerational Mentorship Program

**Please join the children from Muskoka Home Child Care Agency for one or more of the following events:**

Thursday, April 12 – Topic to be Announced

Thursday, April 19 – Music and Motion  
McVittie Place, 102 Pine St., Bracebridge

Thursday, May 3 – Zoo to You Animal Presentation  
McVittie Place, 102 Pine St., Bracebridge

Thursday, May 17 – Baking at Impact Café  
161 Main St., Gravenhurst

**All seniors are welcome to attend these free events. Call 705-645-2100 ext. 199 to RSVP or for more information.**

# H.A.P.P.Y. Days

H.A.P.P.Y. stands for Healthy Aging Promotions and Programs for You. These day-long, healthy-aging events are held for older adults living in rural communities. The fairs provide a great way to connect, learn, share, and have fun with friends and neighbours.

Older adults and care givers are treated to a day filled with information about services available in their own communities. The day is filled with exhibitors representing various community organizations that offer services and supports for older adults. Previous presentation topics have included fire prevention, healthy sleep habits, falls prevention, will preparation, caring for grandchildren, Diabetes education and awareness, fraud prevention, expressive art, and many more! The day also includes a free lunch.

We would love to have you join us for one of our upcoming H.A.P.P.Y. Days.

**Tuesday, April 17, 2018**

Port Carling Community Centre  
3 Baily Street, Port Carling  
9:00 a.m. to 3:15 p.m.

**Monday, October 15, 2018**

Port Sydney Community Hall  
607 Muskoka Road 10, Port Sydney  
9:00 a.m. to 3:15 p.m.

**Free! All Welcome.**

**For more information or to register  
please contact 705-645-2100 ext. 199  
OR (toll free) 1-800-461-4215 ext. 199**



# Volunteer Opportunities

## **Friendly Visitor Volunteer Program**

Do you know the value of brightening someone's day? Consider becoming a One on One Friendly Visitor! As little as a one hour visit for conversation and socializing can make a huge difference in the life of a senior who might otherwise feel isolated and alone. Flexible scheduling based on the senior and volunteer's availability.

## **Pen Pal Volunteer Program**

Do you enjoy writing letters? Do you appreciate the surprise of receiving personal mail? Imagine the joy you could bring to a senior who has limited social engagement. *Become a Pen Pal to a senior in your community!* Your letter can make all the difference to someone who feels alone.

## **Summer Fishing Facilitator**

Enjoy fishing? Share your love for the sport with others! We are looking for individuals willing to facilitate two to three fishing days per summer in Gravenhurst, Port Carling, or any other location across Muskoka. We will take care of the administration and organization of the days so you can focus on what you enjoy—fishing!

## **Friendly Caller**

Could you spare one or two hours a month? We are looking for assistance in making our friendly telephone reminder calls for seniors programs and events.

## **Newsletter Editor**

Our newsletter is a quarterly publication with updates from Seniors Programs and Services and a place to share good news, fun activities and snapshots of what's happening in our community. A Newsletter Editor Volunteer will ensure the success in keeping this project going by providing assistance with gathering information, checking for accuracy, organizing content, and proofreading.

Interested in any of these volunteer opportunities? Please contact 705-645-2100 ext. 199, (toll free) 1-800-461-4215 ext. 199, or [seniorsprograms@muskoka.on.ca](mailto:seniorsprograms@muskoka.on.ca).

Complete volunteer descriptions can be found at [www.seniorsinmuskoka.ca](http://www.seniorsinmuskoka.ca).

